

WINGSPREAD

Randolph Air Force Base ♦ Texas

60th Year ♦ No. 6 ♦ February 10, 2006

Breath of fresh air



Senior Airman Svensen Celestin, 12th Operations Support Squadron life support technician, fits a helmet on Capt. Leon Butler of the 559th Flying Training Squadron. With Randolph aircrews logging more than 48,000 flying hours a year, life support technicians ensure the aircrew members are trained and equipped to fly those missions safely. Randolph has 18 life support professionals on the job. (Photo by Steve White)

Wingspread polls readers, responses online

By Michael Briggs
12th Flying Training Wing Public Affairs

The staff of the Wingspread is asking its readers to provide feedback about the Randolph base newspaper during a readership survey campaign in February.

The survey began Feb. 3 with a base-wide message to all military members, civilians and contract employees in the Randolph e-mail domain.

The staff would also like feedback from family members, retirees and their family members, and anyone else who has access to the base.

“We want to hear from as many people as possible so we can make the Wingspread the best product possible

for our readers,” said Staff Sgt. Lindsey Maurice, editor. “At the end of February, we’ll review the statistical results and comments to see what we can do to improve the newspaper.”

People can take the Web-based survey at www.afnews.af.mil/internal/survey/survey_index.htm. It takes 10-15 minutes to complete.

The survey was created and is maintained by the Air Force News Agency at Lackland Air Force Base, and it’s used by public affairs staffs worldwide to conduct readership surveys.

During the login process to begin the survey, people are asked to provide a user ID with the suggestion they use their last name and last four digits of their Social Security number as the desired ID. For privacy

concerns, people do not need to use that form of ID and can enter another ID of their choosing to begin the survey, Sergeant Maurice said.

Public affairs has already compiled and responded to some of the common comments submitted by readers in the first week of the survey. People can view those results on the Web at www.randolph.af.mil/12ftw/wing/pa/survey.htm.

“Based on some of the early comments from readers, we’re already developing several ideas to add more content to the paper,” said Maj. Paul Villagran, chief of public affairs. “We haven’t polled our readers in some time, so the things we learn in this survey will really help us shape the newspaper for the future.”

Take the Survey

www.afnews.af.mil/internal/survey/survey_index.htm

Read Survey Responses

www.randolph.af.mil/12ftw/wing/pa/survey.htm

12th Flying Training Wing Training Status									
Pilot Instructor Training <small>As of Monday</small>			Navigator, EWO Students				Wing Flying Hour Program		
			562nd FTS		563rd FTS		Aircraft	Required	Flown
Squadron	Seniors	Overall	CSO/NFO		CSO	Graduate EWO			Annual
99th FTS	-8.0	1.5	USAF	244	OPS	International	T-1A	3690.9	3728.8
558th FTS	-3.9	-1.7	Navy	42	Advanced EW	EW Course	T-6A	5908.8	5827.2
559th FTS	-2.2	0.7	International	3	Integration	Intro to EW	T-37B	1696.2	1727.9
560th FTS	-0.7	2.2	Total in Training	289			T-38C	3194.9	3248.5
<small>Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.</small>			<small>Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.</small>				T-43	1401.2	1332.5
							<small>The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.</small>		

**AIR AND SPACE
EXPEDITIONARY
FORCE**

As of Monday, 123 Team Randolph members are deployed in support of military operations around the globe

Former Randolph Cadet and Tuskegee Airman tells his story on page 8

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
 12th Flying Training Wing commander

Agency Contact Numbers	
12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Straight Talk	652-7469
Transportation	652-4314

**“PROTECT
YOUR
WINGMAN”**

DUI...

**It's a crime
not a mistake**

**Team Randolph's
last DUI was
August 2, 2005**

What Airmen want from us

By Chief Master Sgt. Richard Thompson
 Air Education and Training Command

Not too long ago I was afforded the opportunity to spend some time at the west gate with some young Airmen and NCOs.

I personally learn the most by watching and listening, and I learned a lot in the two hours I spent with these young folks. The visit was invigorating and reminded me of a few important things about what our Airmen want from their superiors.

One of the first things I realized is that our Airmen want us to visit them at their job location. They don't just want to be stuck out on a post or in a duty section forgotten.

Supervisors and commanders need to ask themselves, “Do I ensure the care of my troops? Do I make sure they get lunch and breaks as needed?” One of my most admired commanders often quoted a cavalry saying that went something like, “Feed your horses, feed your troops, and lastly feed yourself.” We need to put our troops needs above our needs.

Stop, if only for a couple of minutes in passing, if that's the best you can do, and chat with your troops.

Our Airmen also want us to listen to them and help them. We may not be



able to fix all their problems, but our troops want us to genuinely listen to them. We all know we feel better after we vent, even if we know the receiver cannot fix any or all of our problems.

You never know, you might even be able to help. One of my proudest career achievements was helping a young staff sergeant get a \$43,000 reenlistment bonus with a few simple telephone calls. This troop was within hours of missing out on getting the bonus and needed help, as he was getting nowhere on his own. A few simple five-minute phone calls paved the way and he got the bonus.

Our Airmen want the opportunity to better themselves. As their role models we need to help, not hinder, their self-improvement opportunities. Did your supervisor work with you as you were coming up through the ranks to achieve your educational and personal goals? We owe it to our troops to help them achieve their Air Force and personal goals. To put it in a word: mentor.

Our Airmen also want to know their work makes a difference and that they're appreciated. Make sure you take the time to thank your troops for their hard work. Just a few words of thanks from senior personnel can be extremely meaningful and rejuvenating for someone slugging it out in the trenches.

This brings to mind a personal story of a time when I took over an extremely demanding section of 65 people. The previous management didn't have much regard or concern for the troops, nor did they ever give any words of thanks or encouragement. I made it a regular practice to position myself by the door at quitting time on Friday afternoons and shake each troop's hand and tell them thank you as they exited for the weekend.

When was the last time you shook your troop's hands, looked them in the eye, and said, “thank you?” Two simple words can make all the difference.

Throughout my career I have pondered this question many times, “Who are the most important people in the Air Force: the generals, colonels or the chiefs?”

I would argue the most important folks in the Air Force are our young Airmen and NCOs. We need to let them know that.

Mentors give Airmen vision, goals for future

By Chief Master Sgt. Raymond Zackery
 12th Medical Group

During the last few years a number of our senior leaders have pointed out the importance of mentorship in shaping and directing a military career. I would like to offer my insight to the positive influence I have experienced from my most important mentor, Chief Master Sgt. Ronald West.

I first met then Senior Master Sgt. West when we were both assigned to the hospital at Plattsburgh Air Force Base, NY. At that time, I was dealing with a recent divorce and the fact that I had fallen short of making technical sergeant by three-quarters of a point.

I compensated for these loses by throwing myself completely into work and hours of study. Sergeant West visited my office and asked me to compete for the NCO of the quarter for the hospital. He knew I didn't like boards but he also knew I would never turn him down.



To my great surprise, I won at the hospital-level and in the same quarter at the wing-level. At one of the lowest points in my life he could see abilities in me I didn't know existed. Mentors often direct or ask you to do things you may not agree with but the rewards reach far beyond the near horizon.



Chief Master Sgt.
Raymond Zackery

See Mentors on page 3

Congratulations Retirees

Today
Master Sgt. Christopher Woods
 12th Mission Support Group

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to *randolph.retiree.messages@randolph.af.mil* or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

WINGSPREAD

12th Flying Training Wing
Editorial Staff
 Col. Richard Clark
 Commander
 Maj. Paul Villagran
 Chief of Public Affairs
 Staff Sgt. Lindsey Maurice
 Editor

Prime Time Military Newspaper
Contract Staff
 Jennifer Valentin
 Bob Hieronymus
 Staff Writers
 Maggie Armstrong
 Graphic Designer

Wingspread office:
 1 Washington Circle, Suite 4
 Randolph AFB, Texas 78150
 Phone: (210) 652-5760
 Fax: (210) 652-5412

Wingspread Advertisements:
 Prime Time Military Newspapers
 7137 Military Drive West
 San Antonio, Texas 78227
 Phone: (210) 675-4500
 Fax: (210) 675-4577

Wingspread online:
www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

This paper is published by Prime Time Military Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Randolph AFB, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Wingspread are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Prime Time Military Newspapers of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron.

Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to *wingspread@randolph.af.mil* or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Give children a brake: Slow down in housing

By 2nd Lt. Will Powell
325th Fighter Wing Public Affairs

TYNDALL AIR FORCE BASE, Fla. (AETCNS) – Like many first-time fathers-to-be, I find myself paying closer attention to traffic laws and regulations in anticipation of my precious new passenger. Yellow stoplights no longer mean "floor it," and speeding and weaving in and out of lanes just to get to my destination a few seconds quicker isn't worth it.

Having a baby really does change everything.

But when do we forget that protecting our children is more important than getting to our destination quickly?

In the commute to and from work, I notice a lot of drivers exceeding the 15 mph posted speed limit in base housing. This timing unfortunately coincides with when most children are outside.

However, it isn't a matter of when and if children are present. Drivers should abide by the speed limit no matter what time of day it is or who is in the area.

But it's easy to exceed the low speed limit, I know. Even a slight tap of the gas pedal can accelerate a car

by 15 mph. This is why everyone who travels through base housing must make a conscious effort and be aware of their speed and their surroundings. Even just one speeder could threaten the life of a child.

So when do you consider yourself speeding? The average person may believe traveling 5 mph over the speed limit is not excessive, but consider this: the average time it takes for a driver to remove his foot from the accelerator and depress the brake pedal is 1.5 seconds. This means that a car moving at 15 mph, or 22 feet per second, will travel 33 feet before the brakes are even applied, according to research conducted at the University of West Virginia.

Naturally, the faster a car is moving, the farther the car will travel before applying the brakes. If a child happens to jump out in front of a moving vehicle, the driver will need every spare second and inch to stop a safe distance from the child.

Despite all the consequences, speeding still occurs too often.

The easiest and safest way to avoid seeing those blue and white lights in your rearview mirror is to

Randolph AFB Speed Limits

Perimeter road	35 mph
On base, general	25 mph
Housing areas	15 mph
School zones	15 mph
BX, Commissary access roads	10 mph
Parking lots	5 mph

slow down and follow the speed limit, especially in the housing areas.

Follow the speed limit. Save yourself some embarrassment. Save a life.

Mentors

Continued from Page 2

I was lucky enough to follow Chief West to an assignment at Langley AFB, Va., where he continued to advise and mold me. There, he introduced me to another mentor to help pave my road

to career advancement.

Chief Master Sgt. Richard Banks was a no nonsense first sergeant who gave master sergeants in the unit the chance to field his duties on weekends and during his leave time. I became his favorite stand-in because he could always find me and he trusted my judgment.

Once, as we reviewed the weekend

events, I asked Chief Banks if he thought I could make senior on my first time testing. He simply looked at me and asked if I had been following Chief West's advice. After I told him I was, he said it was up to me to study and never give in to the concept of not making it. Well I followed their advice and I made senior on my first try.

The rewards I have gained from

mentorship have definitely enhanced my career. The only way I can repay those who took the time and effort to believe in me is to actively seek out and help direct others. I may not always offer the advice they want to hear but I now know what lies beyond the horizon. I can only hope they find the vision and my guidance keeps them on the right path.

NEWS

Changes on horizon: *Basic training extended 18 days, others to learn new languages*

By Staff Sgt. Julie Weckerlein
Air Force Print News

ORLANDO, Fla. -- Civilians wanting to be Airmen are going to have to tough it out for an additional two and a half weeks at basic military training, said the Air Force's top general here Feb. 2.

Airmen graduating from BMT are going to be better trained and better equipped to be war fighters, said Air Force Chief of Staff Gen. T. Michael Moseley during the Air Force Association's Air Warfare Symposium.

"My belief is that every Airman should be ready the minute they graduate for the air expeditionary force that is today's Air Force," he said. "We demand a lot of those kids when they get out into the field, and they have to be better prepared for the challenges they face out there."

The additional weeks will give more time for Airmen to be trained on war-fighting skills they would encounter in a deployed combat location, such as the use of small arms and emergency medical skills.

Airmen need to have more awareness about the Air Force expeditionary business, General Moseley said.

New Airmen will not be the only ones getting trained for global and expeditionary warfare. Senior noncommissioned officers and field grade officers will soon be required to take up a new language as part of their professional military training.

"Starting next year, the students down at Maxwell (Air Force Base, Ala., home to Air University and the Senior NCO Academy) are going to see a more robust education that is going to prepare them to be leaders



Basic trainees crawl through muddy obstacles as they attempt to navigate the combat tactics course at Lackland Air Force Base, Texas. Basic training, which is being extended two and a half weeks, prepares trainees for the possibility of worldwide deployment almost immediately upon arrival at their first duty station. (Photo by Master Sgt. Efrain Gonzalez)

in this global war on terror, and that includes language education" General Moseley said. "It is going to be mandatory that they take one of four languages: Arabic, French, Spanish and Chinese. This will enable them to go to other countries, not only in the (Middle East), but in the sub-Sahara, and be able to better work in those regions."

General Moseley said Air Force leaders are seeking ways to make education opportunities more accessible to its force.

"We want to put options out there for distance learning and advanced degrees," he said. "A higher education is of immense value to our Airmen, especially our senior NCOs and junior officers."



Airman 1st Class
Lucia Bloom



Tech. Sgt. Larry James



Senior Master Sgt.
Richard Sherman



Capt. Grant Vineyard



Donna Stokes-Jordan



Suzanne Davenport



Charles Bailey Jr.

Wing announces annual winners

Members now compete for Team Randolph awards March 2

By Armando Perez
12th Flying Training Wing Public Affairs

The 12th Flying Training Wing honored its top performers of 2005 during an evening awards banquet Feb. 2 at the enlisted club.

Col. Richard Clark, 12th FTW commander, and Chief Master Sgt. Stephen Page, 12th FTW command chief master sergeant, presented the awards.

Thirty-one people competed in seven categories that recognize accomplishments from the previous year.

The winners now go up against the top performers from the base tenant units in the Team Randolph awards competition. Those winners will be announced during a banquet March 2.

Airman of the Year

Airman 1st Class Lucia Bloom

Airman 1st Class Lucia Bloom is a bioenvironmental engineering journeyman in the 12th Aeromedical-Dental Squadron. Her studies in chemical and biological procedures successfully saved the Air Force more than \$100,000 in contracts by validating Air Force labs sampling techniques.

Airman Bloom also devoted her time as a volunteer in the community by helping the family support center during hurricanes Katrina and Rita and tutoring local eighth grade students in preparation for state proficiency tests.

NCO of the Year

Tech. Sgt. Larry James

Tech. Sgt. Larry James Jr. is a unit deployment manager in the 12th Contracting Squadron. He participated in the hurricane Katrina relief efforts by contracting four helicopter squadrons for recovery support, as well as arranged lodging and logistics support for 200 evacuees.

As a unit deployment manager, Sergeant James reestablished an emergency one-stop shop during off-duty time for the needs of deploying

troops, established real-world training scenarios for contingency contracting officers and developed an interactive secondary training database.

Senior NCO of the Year

Senior Master Sgt. Richard Sherman

Senior Master Sgt. Richard Sherman is the operations superintendent of the 12th Security Forces Squadron. He provided and co-authored a 120-page air show security plan that formulated a safe venue for the more than 150,000 people who attended. He also coordinated all security operations for the president's visit to Randolph, as well as planned security for 400 general officers at the largest Blue Summit conference in history.

Sergeant Sherman integrated 30 contract police guards into the operational mix at Randolph and redesigned traffic patterns to advance the completion of the main gate by six months.

Company Grade Officer of the Year

Capt. Grant Vineyard

Capt. Grant Vineyard is the deputy director of the 12th Services Division. He coordinated end-of-year funding of \$1.1 million for facility improvements consisting of construction and equipment for Canyon Lake, the golf course and child development center.

He also coordinated and converted empty dorm rooms for the Federal Emergency Management Agency during Hurricane Katrina in less than 24 hours resulting in 700 sleeping bags, 3,000 sheets, more than 1,000 sleeping pads, 1,000 pillows and 55 stretchers.

Captain Vineyard established more than 80 events at 15 different locations from Randolph to Canyon Lake with more than 15,000 participants.

Junior Civilian of the Year

Donna Stokes-Jordan

Donna Stokes-Jordan is a civilian pay technician in the 12th Comptroller Squadron. Ms. Stokes-Jordan provided service to more than

4,800 Randolph men and women and is responsible for the accuracy of \$476 million in civilian payroll.

She also prepared more than 5,000 documents providing prompt payments to more than 482 newly assigned employees. She answered more than 800 call center inquiries within 24 hours ensuring swift response and customer satisfaction as well as installed a self-help computer for timekeepers in civilian pay providing on-site answers to questions.

Intermediate Civilian of the Year

Suzanne Davenport

Suzanne Davenport is a contract administrator in the 12th Contracting Squadron. Ms. Davenport helped complete actions on three military housing units saving the Air Force more than \$38,000. She also monitored invoices and discrepancies for contractors ensuring on time payments and devised and implemented an effective payroll tracking system that reduced late payrolls and resulted in zero discrepancies.

During her free time, she volunteers in the local community tutoring local students and participating in neighborhood anti-graffiti and crime stop programs.

Senior Civilian of the Year

Charles Bailey Jr.

Charles Bailey Jr. is a supervisory air traffic control specialist in the 12th Operations Support Squadron. He was chosen as the first ATC superintendent for an active duty station – a first in Air Force history. He monitored the installation of a \$1.5 million aircraft arresting system that enables emergency response on both runways.

Mr. Bailey also helped plan a short-notice presidential visit that met the demands of secret service agents. He took part Hurricane Rita relief efforts by quickly responding to FEMA requests, working double shifts and controlling 150 missions.

NEWS BRIEFS

T-6 Demonstration Team activity

The Air Education and Training Command East and West Coast T-6A Texan II Demonstration teams fly certification training missions today from 4-5 p.m. on the west side of the base. Formal certification takes place Monday from 4-5 p.m. with Tuesday as a weather day.

During the certifications, the teams fly aerial demonstrations they will perform at air shows during the upcoming season. Both teams fly with vintage T-6s on the east side of the base Feb. 23-26 for Texan Flight certifications, with most air activity taking place on Feb. 25, a Saturday.

The Texan Flights feature the T-6A and vintage T-6s flying in formation at the conclusion of T-6A team demonstrations at air shows.

Housing office closure

The base housing office is closed today from 11 a.m. to 1 p.m. for an official function.

Legal Office Brown Bag Series

The 12th Flying Training Wing legal office hosts a one-hour discussion on civilian misconduct Monday at noon in the deliberation room of the Taj Mahal. The lecture is open to the base public.

Blood drive Thursday

The Wilford Hall Medical Center Blood Donor Center hosts a blood drive Thursday from 10 a.m. to 2 p.m. in the Air Force Personnel Center conference room.

AFGE Meetings

The American Federation of Government Employees Local 1840 meets the third Tuesday of each month at 5 p.m. in Building 201 on the east side of the commissary.

For details, call 659-7918.

Academic team brings home honors

Members of the Randolph High School Academic Decathlon Team ended their season winning nine medals at the district-level competition held recently.

Austin Gescheidle won both a gold and silver medal. James Conn won a gold medal, while Chad Thomas, Heather Hill, Kevin O'Sullivan and Austin each won silver medals. Kevin and Adam Cribb also earned bronze medals.

The students are judged on written tests, interviews, essays and speeches.

Thunderbirds seek officer volunteers

The U.S. Air Force Air Demonstration Squadron is looking for seven officers to fill positions on the Thunderbird's team for the 2007-2008 season. Openings are available for three demonstration pilots, an operations officer, executive officer, maintenance officer and public affairs officer.

For more information, call Capt. Todd Randolph at DSN 682-9584.

Root canal patients sought

The MacKown Dental Clinic at Lackland Air Force Base is seeking patients in need of root canal therapy.

Applicants must be a military retiree or a family member of a retiree or active duty member and have a condition requiring root canal therapy.

Those people interested should obtain a written consult from their referring dentist and fax it to 292-6431.

For more information, call 292-7214.

COMMANDER CONNECTION

This column is intended to introduce new unit commanders to the base community.

Lt. Col. Tracey Kop 12th Contracting Squadron commander

- **Date of command:** Jan. 6
- **Hometown:** Tacoma, Wash.
- **Unit mission:**
To provide the best value contracting to a diverse set of Randolph customers. Each year the unit executes more than 2,000 contracting actions, valued at more than \$150 million for construction; commodities; computer hardware and software; and technical and support services.
- **Key to success in the Air Force:**
Integrity. Intense desire and initiative to improve everything and everyone around you - including yourself. Keep a positive outlook. Depend on teamwork, Respect others and what they contribute to the mission.

- **Vision for the unit:**
Provide Team Randolph and our deployed commanders the very best acquisition solutions, contract oversight and business advice to achieve mission success.
- **Previous assignments:**
Secretary of the Air Force for Acquisitions, Pentagon; Air Command and Staff College, Maxwell AFB, Ala.; and Defense Information Systems Agency, Arlington, Va.
- **Memorable Air Force experience:**
Supporting the acquisition of the last block buy of the Defense Support Program satellites and receiving a small U.S. flag that was flown on board the space shuttle that launched one of our DSP satellites.



Twelve graduate from Airman Leadership School

Airman Leadership School class 06-2 graduated Thursday at the enlisted club. More than 100 family members, friends and base members attended the evening graduation banquet.

The 12 senior airmen graduates completed a 24-day course consisting of 192 academic hours in order to earn their certificate.

Among the graduates, three Airmen earned special honors. Senior Airman James Warren of the 12th Flying Training Wing received the John L. Levitow Award as the top distinguished graduate. Senior Airman Tifani Colo of the Air Force Personnel Center received the Leadership Award and Senior Airman Lynda Chan of the Air Education and Training Command received the

Academic Achievement Award.

Other senior airman graduates include:

- Kirsten Coombs, 12th Mission Support Squadron
- Thomas Hudson II, 136th Airlift Wing
- Jeff Jackson, AETC
- Renita James, 19th Air Force
- John Loreda, 149th Fighter Wing
- Ricky Nelson, AETC
- Sherry Pharr, AETC
- Nathan Sigars, 12th Medical Support Squadron
- Eugeny Tilvaldiev, 149th Maintenance Squadron

The guest speaker for the graduation ceremony was Chief Master Sgt. Glenda Solomon of the 12th Operations Group.

While in school, students studied three areas of curriculum:

communication skills, leadership and management, and the profession of arms. The communications curriculum focused on military briefings, performance feedback worksheets, bullet statements, official correspondence and interpersonal counseling. Proficiency was measured through hands-on performance and the leadership and management curriculum was measured through objective tests designed to measure comprehension of human resource and leadership principles.

As a class project, the students also helped renovate the Universal City Animal Shelter. They laid foundation for newly built kennels and walked and played with homeless dogs and cats during their breaks.

Graduates must achieve an academic average of 70 percent on two evaluations. The profession of arms curriculum involves uniform inspections, reveille and retreat ceremonies, drill and a series of lessons on the National Security, projection of air power, national security strategy and terrorism. Graduates must demonstrate an understanding and appreciation for their role in the Air Force mission.

The ALS is affiliated with the Community College of the Air Force through the College for Enlisted Professional Military Education. The graduates are awarded nine semester hours toward a CCAF degree.

The next ALS class begins Feb. 27 and graduates March 30.

Tax refund loans could be bad news, costly

By Jennifer Valentin
Wingspread staff writer

It's income tax season again, and now that most people have obtained their W-2s through the MyPay system, many are turning their attention toward finding the quickest and easiest way to file their taxes, especially if they are due a refund and find themselves in need of cash.

As a result, people turn to quick tax or refund anticipation loans because they seem to be convenient and fast, but they may not be worth it, according to base financial experts.

"If people don't consider the high interest that is applied, or the fees that are charged, RALs may appear like the way to go, but those charges eat away at the value of the tax refund," said

Steven Mayfield, family support center personal financial management program manager.

RALs typically charge between \$30 and \$120 in loan fees, depending on the amount of the anticipated refund, plus an additional \$40-50 in electronic filing fees, he said. These loans usually last 10-12 days, during which time the IRS refund process should be complete.

"That's a very high rate for a very short-term loan," Mr. Mayfield said.

The National Consumer Law Center reports that interest rates for RALs can range anywhere from 40 to over 1,800 percent.

"It's also important to remember that this is a loan that creates an additional obligation," Mr. Mayfield said.

If the potential refund doesn't come

back from the IRS in the dollar amount the preparer told the customer to expect, the customer will have to repay the tax service or its loan company the full amount of the difference.

"Most people would have already spent the money loaned to them, creating a bad financial situation," Mr. Mayfield said. "Sometimes it makes an already unstable financial situation even worse because the primary customers for RALs are people with lower incomes."

According to the Consumer Federation of America, refund anticipation loans cost U.S. taxpayers nearly \$1.6 billion a year.

"That's \$1.6 billion that could have been used by people who are usually struggling to make ends," he said.

Mr. Mayfield suggests active duty

service members, retirees and family members who have a valid military ID card use the Base Tax Assistance Center to help file their taxes. The center is open by appointment only Monday through Friday from 9 a.m. to 3 p.m. and is located in the Taj Mahal. Customers can schedule an appointment by calling 652-1040.

Active duty members can also seek assistance through their unit tax advisor. All Randolph UTAs undergo formal tax training through the IRS and offer the same assistance as the tax center. Tax returns are done electronically both through the center and UTAs.

Mr. Mayfield added that those who prefer to do their taxes themselves, and file them electronically, can gain free access to the Turbo Tax program at www.militaryonesource.com.

Security forces help residents keep theft at bay

By Jennifer Valentin
Wingspread staff writer

Security can be taken for granted at times, especially on a military installation.

That's why 12th Security Forces Squadron officials encourage people to protect their property, both on and off base.

The first step in personal property protection is to secure your home, said officials.

"Before leaving the house, make sure the doors are locked, even if you're only going to be away for a short while," said Senior Master Sgt. Rich Sherman, 12th SFS operations superintendent. "People should also lock their doors when they're at home to keep people from walking in. This is especially true for base dorm residents."

Sergeant Sherman warns people against hiding a key to their home on their property.

"It may sound like a good idea, but someone can find the key and use it, or make a copy to use at a more convenient time," Sergeant Sherman said.

"Instead, residents should consider giving a spare key to a trusted friend or relative, in case of an emergency."

Sergeant Sherman said people should also have good, solid locks on all their doors and windows.

"Locks should be checked periodically to make sure they are in good working condition," he said.

The senior NCO added that shrubbery surrounding a home should also remain trimmed so trespassers can't use it to hide in while they walk around looking for vulnerable spots. Entryways should also be kept well-lit.

"Lights are a great deterrent to would-be thieves," Sergeant Sherman said.

Outside lighting should be checked periodically, and bulbs that are dim or out should be replaced immediately, he said. Security lights can be re-positioned to shine on key areas such as doorways, garage doors, driveways and windows.

Aside from people's homes, their vehicles are also subject to theft, Sergeant Sherman said.

"Always keep your vehicle locked and make sure valuable items aren't visible," the sergeant said. "Leaving a purse or wallet in plain sight, even if only away from the vehicle for a few minutes, gives thieves the chance to take your things."

For more theft prevention tips, visit the Home Safety Council Web site at www.homesafety-council.org.

Habitat handyman

Master Sgt. Jacob Love, Air Education and Training Command Computer Systems Squadron first sergeant, puts weather stripping on the door frame of a house he and other volunteers helped build as part of a Habitat for Humanity project Feb. 3. The project was sponsored by the Air Force Sergeants Association Chapter 1075, as well as AmeriCorps and Habitat for Humanity. The group of 43 volunteers worked on seven houses throughout the day, under project manager Staff Sgt. Michelle Simpson from the Air Force Personnel Center. (Photo by Staff Sgt. Michelle Simpson)



BRAC sees changes in military health system

Fort Sam Houston, Wilford Hall face changes under new plan

By Army Sgt. Sara Wood
American Forces Press Service

WASHINGTON (AFPN) – The 2005 Base Realignment and Closure, or BRAC, process has created opportunities and challenges for the military community, and specifically the military medicine community, the commission's chairman said Feb. 2.

Four BRAC actions affect large medical facilities. At least four more affect medical research and management activities, and seven outpatient hospitals will convert to clinics with ambulatory surgery capability, said Anthony J. Principi at the State of the Military Health System 2006 Annual Conference.

The biggest transformation change to effect military members in the San Antonio area is the board's decision to establish a joint medical facility at Fort Sam Houston, Texas, and to convert nearby Wilford Hall Medical Center on Lackland Air Force Base into an ambulatory care center, Mr. Principi said.

The BRAC-mandated changes will help the military health system become a more modern, joint force capable of dealing with the changing environment, he said.

"The worlds of national defense and of medicine are changing ever more rapidly and ever more profoundly. And just as chance favors the prepared mind, change favors the prepared organization," he said.

The decision to realign Walter Reed Army Medical Center here into a multiservice facility upset many people, Mr. Principi said. They perceived it as the loss of a facility with rich heritage and a world-class reputation. But the BRAC commission agreed the change will "transform a legacy – an aging medical

infrastructure – into a premier, modernized joint operational medicine platform," he said.

The BRAC addressed many infrastructure issues, but the top priority for health care leadership is providing quality care for servicemembers and their families, Mr. Principi said.

"Those men and women look to you – the health care professionals in this room – to provide them and their families with the medical care they need," he said.

Change will be painful at first, as it is in all organizations, Mr. Principi said, but it is necessary to keep up with a society and an environment that will continually evolve.

"Over the long run, the status quo and a dynamic environment are incompatible," he said.

The BRAC results will make the military health system able to adapt to this changing environment and continue to be relevant to its beneficiaries, Mr. Principi said.

Air Force's FY 2007 budget calls for leaner, more agile force

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON -- As part of the president's fiscal year 2007 budget plan, the Air Force is set to receive \$105.9 billion.

This budget meets the vision of Air Force leaders to fight and win the global war on terrorism; to develop, train and care for Airmen; and to recapitalize and modernize the force, said Maj. Gen. Frank R. Faykes, Air Force deputy assistant secretary for budget.

The Air Force budget is divided into almost three equal parts for each major area – personnel; operations, maintenance and infrastructure; and modernization, he said.

General Faykes said people are the most important Air Force resource and a third of the budget is dedicated to the military and civilian workforce.

Key pay and entitlement highlights include a 2.2 percent across-the-board pay raise for all military and civilian personnel, plus additional targeted pay raises for mid-grade and senior enlisted Airmen. The average basic allowance for housing increase will be 2.9 percent (locality-specific) and continues the Defense Department's goal of zero out-of-pocket housing expenses. The budget request also includes nearly \$600 million for recruiting, retention and special

Personnel portion of the Air Force FY 2007 Budget includes:

- A 2.2 percent across-the-board pay raise for all military and civilian personnel
- \$340 million for housing with an average basic allowance for housing increase of 2.9 percent (locality specific)
- \$600 million for recruiting, retention and special pays to train and retrain Airmen

pays to train and retain Airmen.

"In addition to paying our Airmen, our budget also has money set aside for operations, maintenance and infrastructure to train, develop and equip our Airman to fight in the global war on terror," General Faykes said.

For example, the Air Force's budget includes funding for 1.7 million flying hours, maintains a fleet of nearly 6,000 aircraft, and supports daily operations at 84 major installations.

This year's \$1.3 billion military construction request is the largest in the last 15 years and includes plans for

85 major projects. These projects range from new mission beddowns for the C-17 Globemaster III and F-22A Raptor, to quality of life projects which include nine new dormitories, one new fitness center and a new chapel, General Faykes said.

There were many dynamics at play during this year's budget, including DoD's involvement in the base realignment and closure process and the Quadrennial Defense Review.

"This budget cycle is one of the most interesting challenges that I have seen in 29 years of being in this business," General Faykes said. "This budget does a very nice job of supporting the goals of the Air Force and validates our Air Force direction and new capabilities that we want to bring on line."

He cited Air Force Smart Operations 21 as one of the keys for recapitalizing and modernizing the Air Force. By applying modern management principles across all areas – operations and maintenance, personnel and investment accounts – the Air Force will be able to streamline operations and improve efficiencies. Some of these actions will reduce the number or people in jobs where they are not needed.

"When it is all said and done, we will be a smaller, leaner, more agile force than we are today," General Faykes said. "This will allow us to remain the dominant air and space force for the 21st century."

Base recycling office makes helping environment easy

By Jennifer Valentin
Wingspread staff writer

Whether recycling a soda can or the daily newspaper, every little bit counts.

That’s why the Randolph Recycling Office wants to make sure people are aware of what they can recycle as well as where they can find receptacles.

“It’s important we recycle,” said Stella Rodriguez, Randolph Recycling coordinator. “This simple act helps minimize environmental pollution and waste.”

According to the U.S. Environmental Protection Agency, recycling turns material that would become waste into helpful resources.

Some of the benefits of recycling include:

- Reduces the need for landfills and incineration
- Decreases emissions of greenhouse gases
- Conserves resources such as water and timber
- Maintains the environment for future generations

“As a base community, we should pull together and do our part to help make the Earth and Randolph a better place,” Ms. Rodriguez said.

There are a number of recycling containers located throughout the base, Ms. Rodriguez added.

“For those people who don’t have a bin in their unit, they can simply request one from our office and we’ll bring one out,” she said.

Ms. Rodriguez added that all “clean” paper, such as white paper, colored paper, computer paper, envelopes, magazines, newsprint, manila folders and phone books are recyclable items.

“‘Clean’ means the paper is not contaminated with food or non-recyclable materials,” she said.

Cellular phones are also recyclable items, Ms. Rodriguez added. The most widely used drop off locations for cellular phones are the base exchange, service station and Building 37 on the southwest side of base.

Ms. Rodriguez said the recycling center also accepts scrap metal for those units who deal with it.

“Just bring it to the center, located at Building 1139, and place it into the recycling scrap metal roll-off,” she said. “We also accept scrap wooden pallets or skids of any size.”

Ms. Rodriguez said customers should call in advance before taking scrap metal, pallets or skids to the recycling center. Rotten wooden pallets or pieces are not accepted.

“Those can be placed next to a solid waste dumpster to be coordinated with the solid waste manager,” Ms. Rodriguez said.

One of the most frequently recycled items on base is cardboard, Ms. Rodriguez said.

“With all the shipments and packages we receive on a daily basis, there is always a lot of cardboard that can easily be recycled,” Ms. Rodriguez said.

Cardboard must be broken down and placed next to the centralized recycling container by the Hunt and Saddle Club. Cardboard contaminated with food is not recyclable and should be thrown in the trash, Ms. Rodriguez said.

Another item, that is small but the base uses a lot of, is toner cartridges. Used toner cartridges should be placed in the new toner’s box, taped closed, and placed next to the recycling containers for pick up by the recycling team, Ms. Rodriguez said. Used toner cartridges can also be taken to the recycling center for drop-off.

Some recyclable items require a special pick-up by the recycling center, Ms. Rodriguez said.

“When offices clean out their files or receive new furniture, there is a large amount of paper and cardboard that comes along with the process,” Ms. Rodriguez said. “We can support this type of job, but a special pick-up request form must be submitted with a 48-hour notice since the job is so large.”

Randolph Recycling Fact Sheet

Recyclable Items

Paper: Newspapers, magazines, books (hard covers removed), phonebooks, office paper, envelopes, brochures, junk mail, manila file folders, computer paper, fax paper, white ledger, bond paper, shredded paper

Metal: Aluminum and steel cans

Cardboard: Corrugated cardboard boxes

Other: Glass and plastic bottles (No. 1 and No. 2), Toner cartridges in boxes

Non-Recyclable “Trash” Items

Cardboard items: Shoe boxes, tissue boxes, soda or beer boxes, frozen food boxes, pizza boxes, cereal boxes, candy boxes, backing of writing tablets,

Plastic: Fruit trays, eating utensils, plates, playground equipment, shipping wrap

Paper: Food containers, carbon or wrapping paper, contaminated paper, plates, cups

Glass: Window pane or mirror

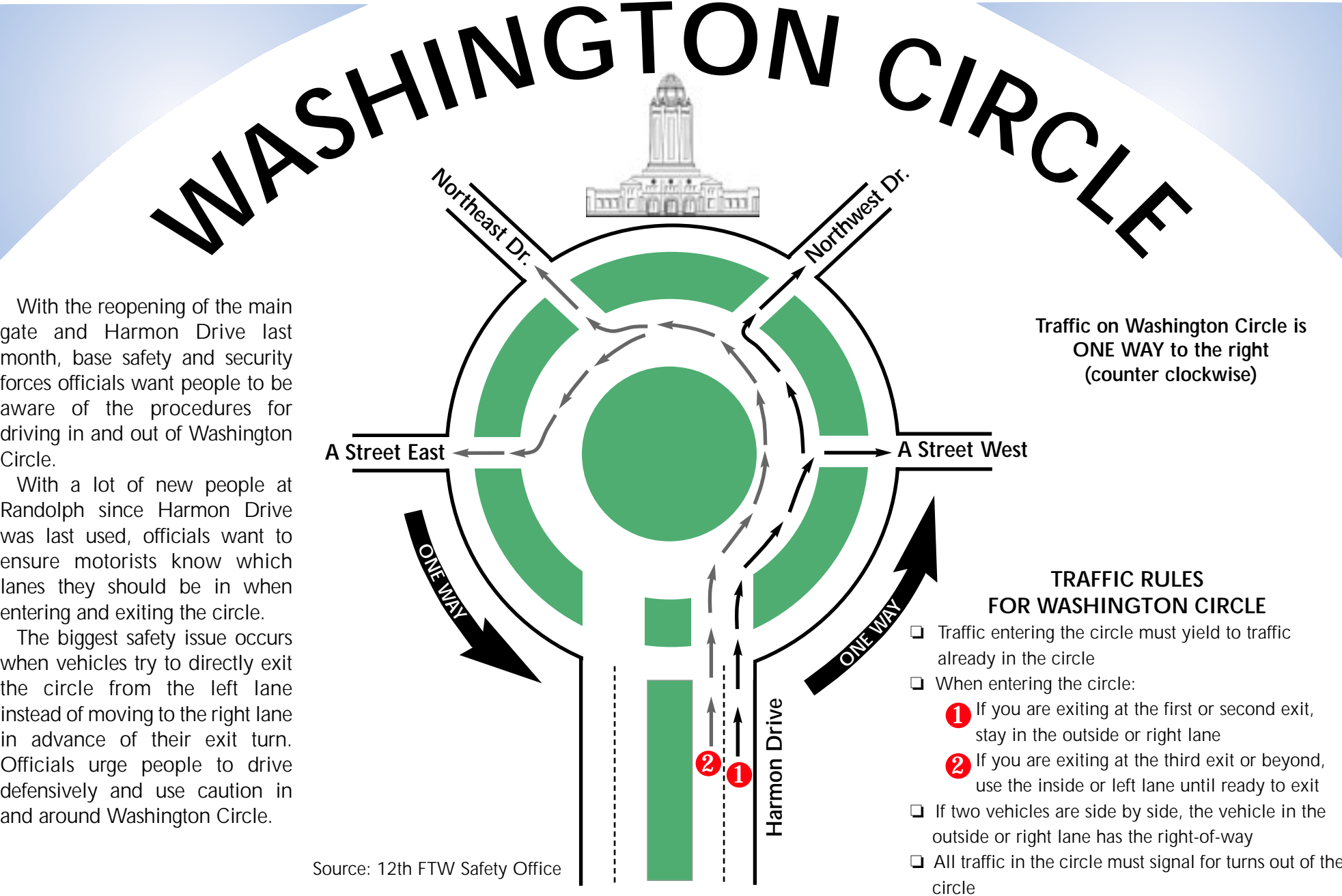
Other: Styrofoam, foam padding, furnace/AC/air filters, binders, audio and video tapes, CDs, DVDs

aluminum foil, food materials or garbage

The recycling program also accepts shredded paper, which must be placed into secured, or tied, plastic bags and placed next to the organization’s recycling containers, Ms. Rodriguez said.

People should contact their facility manager to find out where their recycling collection site is in their building. The recycling center, located in Building 1139 near the bargain warehouse and base stables, is available to customers 24 hours a day, seven days a week.

Keeping things straight in



Former Randolph cadet, Tuskegee Airman tells story

By Bob Hieronymus
Wingspread staff writer

Before President Harry Truman issued Executive Order 9981 in 1948 to integrate the armed forces, strict policies were in force to keep races segregated on military installations. Randolph was no exception.

One man who lived through that time was Claude Platte. Now 86 years old, he vividly recalls his days as a Tuskegee Airman and later as a cadet on Randolph. He was the first black officer trained and commissioned on base at a time just before the newly organized U.S. Air Force began to implement the new integration policy.

Mr. Platte's fascination with aviation began when he was nine years old. He remembers watching an open cockpit plane swoop down over his home in Fort Worth, Texas. He wondered what the world looked like from up there.

"I remember thinking how neat it would be to fly over the white part of town just to see what it looked like," he said.

Racial prejudice was a part of life throughout the country then.

"One time, I remember watching hooded Ku Klux Klan members march through town near our home," he said. "The threat they posed to the black community was real in those days."

Mr. Platte studied hard, graduated from high school in 1937 and was accepted into the Tuskegee Institute in Tuskegee, Ala. There he was able to take part in the new government Civil Pilot Training Program.

"I almost didn't get in the program because I was measured as being 5 feet 5 and 3/4 inches tall. The minimum height was 5 feet 6 inches," he said. "Luckily, the examining doctor helped me out and told me to come back the next morning because people are always taller in the morning. I did, was measured again and passed the physical. That sure was a relief."

Within two years, Mr. Platte earned his private pilot's license and then his commercial license through the aviation program at the Institute. He graduated in 1941 with a degree in mechanical engineering and a minor in aeronautics just in time to be accepted as an instructor in the new Tuskegee Aeronautical Program to train black pilots for wartime duty overseas.

"I was supposed to be in the first class of pilot trainees," Mr. Platte said, "but I already had an instructor's rating. When the military examiner flew with me for my check ride, he said I was the best

he'd seen, so they kept me there. I was the fourth instructor hired for the program. They said that I could go on with the combat pilots later, but I was too busy to be released for that."

After the war ended, Mr. Platte still wanted to be a part of the Army Air Force and continue his flying, but the only option open was to enlist. He did, going through basic training at Lackland Air Force Base, Texas. His record of more than 3,000 hours flying time and instructor duty finally came to the attention of the assignments section and he was transferred to Randolph.

"When I arrived on Randolph, the administrative people didn't know what to do with me," he said. "They thought I was there to be a cook, not a cadet. A sergeant took me to see the base adjutant who checked on my story and drove me to the cadet area. Imagine that, having an officer be my chauffeur."

In accordance with the policy at that time, he was assigned a room in the cadet barracks by himself, although the white cadets lived with two or three to a room.

"I was a 'loner' during the cadet training because of my race," he said. "I didn't even get to go to the cadet club on base. I wasn't physically mistreated, but I was alone much of the time. It wasn't easy, but I just made up my mind to be the best pilot I could be."

In those years, black enlisted men on Randolph were quartered in a separate area of the base with separate administrative offices, day rooms and mess hall. Like most cities in the South, San Antonio also had segregated facilities then, with separate public restrooms and drinking fountains for the two races.

With all the hours Mr. Platte had in the AT-6 as an instructor already, he was able to complete the primary and basic training phases on Randolph without any trouble, he said.

"There were new things to learn, of course, but at least I was flying again," he said.

His first assignment after Randolph was with the 301st Fighter Group at Lockbourne AFB, Ohio, the only place in the Air Force where black pilots were assigned. Most of the Group's pilots had been trained



Claude Platte in 1948 (above) and today (right). (Courtesy photos)



in the Tuskegee aviation program.

After a year flying the F-47 Thunderbolt fighter with the 301st FG, Mr. Platte's Air Force career turned a corner. He was reassigned to Keesler AFB, Miss., for training to be a communications officer, although he did remain on flying status. Then, in 1955 he left the active duty Air Force, joined the Reserve and began a career as an engineer with Bell Helicopter Company.

Today Mr. Platte lives in Fort Worth and is frequently asked to speak to young people about his experiences. The Fort Worth Tuskegee Airmen Chapter is even named in his honor.

"For years now I've been speaking to groups around the country," he said. "The young people are always eager to hear what it was like in the Tuskegee

aviation program. I'm proud to be a part of that heritage and I want to encourage all young people to be the best they can be."

Claude Platte lived through the years when the nation learned to tear down the barriers that separated the races. The Tuskegee aviation program was one of the bright spots in that era. Those Airmen and the 10,000 support people trained in the program proved they were equal to any challenge.

Looking at today's society and the U.S. Armed Forces, Mr. Platte can't help but smile.

"I can hardly believe it," he said. "It's good to see how far it has come."

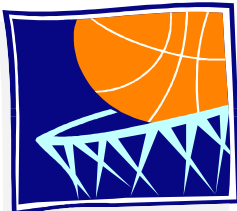


CELEBRATING
**AFRICAN-AMERICAN
HISTORY MONTH**
2 0 0 6

Tales for tots



Staff Sgt. Susan Edmonds of the 12th Flying Training Wing Military Equal Opportunity office reads the book "Amazing Grace" to Randolph children as part of the African-American Heritage Month Children's Story Hour Tuesday at the base library. The book, written by British author Mary Hoffman, teaches children they can achieve anything they put their minds to. For a list of other base African-American Heritage Month events, call Military Equal Opportunity at 652-4376. (Photo by Don Lindsey)

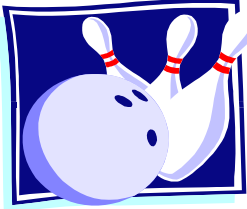


Basketball Standings

as of Wednesday

INTRAMURAL	W	L
12 CPTS/MSS	5	0
AFPC	5	1
JPPSO	4	2
562 INSTR	3	3
12 MDG	3	2
AETC CSS	3	2
562 C FLT	1	4
12 CES	0	5
12 SFS	0	5

EXTRAMURAL		
AFRS	4	0
AFPC 2	4	1
AFPC 3	4	1
AETC/DP	4	1
AETC CSS	2	1
12 LRS	3	1
AFSVA	2	2
AFMA	2	2
12 OSS	1	3
AFPC 1	1	3
AETC/SG	1	5
19 AF	0	7



Intramural Bowling Standings

as of Jan. 30

Team	W	L
AFSVA	98	46
SVS	90	54
AETC/SC	88	56
AFMA	88	56
AMO	84	60
AFPC	82	62
CS	82	62
AETC/LG	80	64
DFAS	80	64
AETC/FM	80	64
SFS	73	71
AFPOA	68	76
JPPSO	66	78
RATS	65	79
OSS	64	80
CPTS	56	88
AFPC/DFSG	50	94
AFSAT	48	96
340 FTG	48	96
MED GP	46	98

TEAM SCRATCH SERIES

Team	Score
AETC/SC	3005
AFMA	2631
SFS	2515

TEAM HANDICAP SERIES

OSS	3274
JPPSO	3189
AETC/FM	3120

TEAM SCRATCH GAME

Team	Score
AFPC	1037
RATS	891
AFPOA	874

TEAM HANDICAP GAME

Team	Score
SVS	1138
AFSVA	1094
AETC/LG	1075

SCRATCH SERIES

Men	Score
Chris Williams	667
Paul Wiley	663
Jim Layman Jr.	645
Women	Score
Heather Hellmann	576
Wanda Gailan	483
Teddy Lantrip	433
Lisa Pellerin	433

HANDICAP SERIES

Men	Score
Mark Wurzer	752
Brian Ellingboe	707
Dan Deyo	700
Women	Score
Mary Hall	725
Alissa Smith	651
Leilani Hagan	646



J.L. Brown of the Joint Personal Property Shipping Office drives the baseline against Jeff Shaw of the 562nd Flying Training Squadron C Flight Monday at the base fitness center. (Photo by Steve White)

JPPSO blows out 562 FTS C Flight

By Michael Briggs
12th Flying Training Wing Public Affairs

The Joint Personal Property Shipping Office outscored the 562nd Flying Training Squadron C Flight 34-11 in the second half en route to a runaway 57-32 intramural basketball win Monday night at the fitness center.

The hot shooting of JPPSO's player-coach Ernest Winston with 14 second-half points and Chris Sanchez with 9 points on three 3-pointers in the half sent the combat systems officer students packing.

The win improved JPPSO to 4-2 while the 562nd FTS C Flight fell to 1-4 on the season.

After a tightly played first half and a 23-21 lead, JPPSO picked up the pace with a 16-4 run in the first 4 minutes of the second half to seal the win.

"We were talking on offense, moving our feet, cutting to the basket and making it easier for us to get shots," Winston said of his team's second-half success. "They switched to man on us and we've been working on that, so we dealt with it."

The final score makes it hard to believe the 562nd held the lead for most of the first half. The C Flight players built an early 10-

2 advantage by working the ball into center Josh Lowry, who had nine points in the paint on layups and rebound put-backs in the half. Lowry was also effective on the defensive boards, and his outlet passes to guards Jeff Shaw and Chris Brooks led to several fast-break baskets.

While the JPPSO defenders were trying to stymie the 562nd's offense, their own offense sputtered early in the game. With the presence of the 562nd's big men Lowry and Nick Harris in the middle, JPPSO kept the ball outside the lane but couldn't get any shots to fall from the perimeter.

Then Sanchez caught fire with less than 7 minutes left in the half. He hit 3-point shots on consecutive possessions to give JPPSO a 14-13 lead. That helped spread out the 562nd defense and opened lanes for penetration.

Stephen Banks started working the ball inside and drew two fouls. He converted all four free throws and JPPSO went up 19-15 with less than three minutes to play.

The 562nd stuck to their inside game, and Lowry scored 6 points under the basket down the stretch to keep his team within 2 points at the half.

In the second half, the 562nd navigators lost their way. The up-tempo style of play JPPSO opened with was effective in catching the 562nd defenders flat-footed and Winston was off to the races with fast-break layups and pull-up jumpers.

When the 562nd defense collapsed to close the lane, JPPSO players kicked it out to Sanchez who hit nothing but net on three perimeter bombs to give JPPSO a 39-25 lead less than 4 minutes into the half.

"The guys were driving and dishing and I was open, and I was able to knock them down," Sanchez said.

At the same time, JPPSO kept a defender back to thwart the fast break and force the 562nd into a set offense. Their shots were not falling and, in a role reversal from the first half, JPPSO pushed the ball up court for some easy scores.

JPPSO's offensive barrage killed any tailwind the 562nd had left from the first half and the blowout was on.

Sanchez led JPPSO with 20 points, Winston had 18 and Banks scored 13, including going 5-for-6 from the free throw line.

Lowry ended with 13 points for the 562nd and Shaw finished with 9.

SPORTS BRIEFS

Basic weight training class

The fitness center is taking reservations for its April Basic Weight Training for Beginners class. The two-part class covers lifting techniques, training and safety.

The free class is open to all Department of Defense ID cardholders. Active duty members have priority.

To sign up, call 652-2955.

Powerlifters win at meet

The Randolph High School boys and girls powerlifting teams recently won several top honors in a meet against Navarro High School.

The girls' team earned first place and the boys team earned third place.

Team members also won 13 individual medals. Jamonyca Wilson was named the best overall lifter in the girls division.

Sweetheart run

The Sweetheart 5 kilometer run and walk is Tuesday at 11 a.m. at the fitness center. The event is free and open to all Department of Defense ID cardholders age 16 and older, or ages 13-15 with adult supervision.

There will be awards for the first 50 couples finishing the run. Participants can partner up at the race.

Ro-Hawks varsity basketball

The Randolph High School Boys' varsity basketball team defeated Blanco 64 to 47 recently with senior guard Sean Applewhite leading all scorers with 17 points.

The Ro-Hawks 15 game winning streak came to an end last Friday with Cole getting the upper hand 57-42 and now share the district lead with 7-1 records.

The Ro-Hawks had defeated Cole 52-38 earlier in the season.

Randolph's last home game is today at 7:30 p.m. against Johnson City and they close out the regular season at Navarro High School, Tuesday at 8 p.m.

Weigh to Win class

The health and wellness center offers a Weigh to Win class Wednesday from 1-3 p.m. at the center. Attendees learn healthy eating habits and fitness tips.

To sign up, call 652-2300.

Golf tournament

The Randolph Oaks Golf Course hosts a President's Day golf tournament Feb. 20 with tee times from 7-9 a.m. The cost is \$10.

For more information, call 652-4653.

Victims no more

Fitness center offers women’s self defense class

By Jennifer Valentin
Wingspread staff writer

Many people know or have heard about a woman who has suffered from some kind of physical attack. This type of story makes the news headlines every day, whether at a college campus, store parking lot or even on a military installation.

The good news is that even though events like this occur, with the proper training any woman can protect herself from an assailant.

In an effort to help Randolph women become better prepared for this worst-case scenario, the base fitness center offers a women’s self-defense class Feb. 18 from 10:30 a.m. to noon in the aerobics room.

The free class, which is geared toward women ages 16 and above, is taught by TEAM CHIP Tae Kwon Do Centers of San Antonio.

“We want women to feel safe, and to be able to protect themselves, no matter what their surroundings are, on and off base,” said Rick Johnson, class instructor.

According to Mr. Johnson, class instruction is designed to improve knowledge of situational awareness, which helps build confidence and

“Last year, one of my co-workers was attacked by a stranger outside of a local store. He threw her down onto the concrete parking lot once she had placed her baby in the car.”

Claire Behrens
Base fitness programs manager

increase personal safety.

“We provide a controlled classroom environment in which women are exposed to potential confrontational situations through discussion,” Johnson said. “We help them learn how to respond through practical self-defense techniques.”

The life-saving self-defense techniques taught in the class, focus on immediate situational response to provide an escape route from the conflict.

“Even learning the basics of self-defense puts women at an advantage when dealing with a perpetrator,” Mr. Johnson said.

Claire Behrens, base fitness programs manager,

recalls an attack that happened to her friend.

“Last year, one of my co-workers was attacked by a stranger outside of a local store. He threw her down onto the concrete parking lot once she had placed her baby in the car,” Ms. Behrens said. “She suffered terrible damage to one eye and her aggressor got away. I think self-defense would’ve better prepared her for such an incident. It would’ve given her confidence to deal with the situation.”

Ms. Behrens said the classroom environment should really add to the session.

“In a class setting, women tend to have more fun while they learn, because they have the opportunity to share ideas and support each other,” she said.

Mr. Johnson encourages all Randolph women to enroll in the next available class. There are 30 slots available per class. After the initial session on Feb. 18, classes will be held the third Saturday of every month starting in March.

“When it comes to saving your own life, there is nothing more valuable,” Mr. Johnson said. “In the event something real should ever happen, Randolph women should be prepared from now on.”

To sign up for the class, call 652-4311.

